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thenewhammag

issue 342 // 3 – 16 June 2016 // Every fortnight

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In this edition we bring you details of those who put others before themselves, by volunteering their services to improve the lives of others (p13), or by caring for loved ones (p10).

A young woman who was fostered as a teenager (p20) talks about her experience and the amazing woman who gave her a home while two residents explain why they're taking part in a survey about transport (p29).

You can read about Bobby Saeed's determination to lead a normal life despite suffering a stroke (p8) while Mayor Sir Robin Wales talks about future plans (p14).

With warmer weather just over the horizon we bring you more details of the fun in store for you at the Mayor's Newham Show (p24) and for those who will celebrating Ramadan we have advice from the experts on how to stay healthy (p17).

We also publish photographs of people we want to question about dropping litter (p23) and you can read about the extra facilities on offer at a Canning Town centre (p27).

Councillor Clive Furness
Mayoral adviser for adults and health

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Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit **www.newham.gov.uk/lovenewham**

IN BRIEF //

Offer views on security

Newham Council has secured funding from Transport for London to upgrade safety and security on the Greenway walking and cycling route. New lights and some CCTV cameras have already been installed as well as new and better ramped access and gateways. Views are wanted about proposals for installing more.

If you have suggestions regarding the work email **quietways@newham.gov.uk** by 17 June. To discuss proposals in person, visit Plaistow Library on 9 June, 5.30-7.30pm, the View Tube on the Greenway, 14 June, 5-8pm, or East Ham Library, 15 June, 4-7.30pm.

Have a say on health

If you use care or health services in Newham, or you care for someone who does, then Newham Council wants to hear from you.

The council believes the best way to improve services is to involve the people who use them. This s called Co-Production and a series of Co-Production Sessions are being held.

The first takes place on Wednesday 29 June from 11am-2pm at Newham Dockside, 1,000 Dockside Road, E16. For more information or to book a place email **Abdul.malik2@newham.gov.uk** or call **020 3373 7622.**

Help at tea dance

If you would like to get involved in supporting Newham Council's programme of tea dances, you can join the Tea Dance Advisory Group and volunteer to help out.

The next tea dance will be held on Monday 20 June at the Old Town Hall in Stratford where more information will be available.
For further information contact **CN.Stratfordwestham@newham.gov.uk** or call **020 3373 0826**.

Join the club to beat diabetes

Cllr Furness helps launch the club

A ground-breaking partnership to tackle the increase of diabetes and cardiovascular disease (CVD) in Newham has been launched.

The 150Club is an initiative by NHS Newham Clinical Commissioning Group (CCG), Newham Council and the 150Club partnership, made up of the West Ham United Foundation, the council's activity provider activeNewham and the Staywell Partnership.

The 24-week programme will offer tailored physical activities to residents at risk of diabetes or CVD, to help them combat the diseases and take greater control of their own health. The club takes its name from the recommended amount of 150 minutes of exercise people should take per week. Your GP will be able to refer you to the club if you are at risk of developing either condition.

Councillor Clive Furness, mayoral adviser for adults and health, said: "Diabetes is a preventable disease through people living healthier and active lifestyles. This project can give residents the chance to take back control of their health."

Benefits of an active mind

Cllrs Joy Laguda, Mas Patel, Richard Crawford and Ken Clark join the fun

Newham councillors joined residents for tasty treats, zumba exercises, dancing and other fun activities at Stratford Library to celebrate the relaunch of the Active Minds Café.

The event coincided with mental health awareness week, which offered people the chance to find out about mental health support services and meet experts from organisations specialising in promoting mental wellbeing.

Councillor Joy Laguda, mayoral adviser for adults safeguarding, said: "One in four people will experience a mental health challenge at some point in their life. It's incredibly common to feel low, anxious, worried or unable to cope. Support is available and the Active Minds Cafe is a great place to find out more."

The Active Minds Cafe will open on the third Thursday of every month at Stratford Library from 12noon until 2pm from Thursday 16 June. To book your place email **Shamilla.kumari@newham.gov.uk** or call **07854 962478**.

Pat on the back for young footballers

Cllr Holland helps present the award

Newham councillor Patricia Holland joined young Beckton footballers to celebrate the outstanding way that their club is run.

Councillor Holland, member for Custom House Ward, and East Ham MP Stephen Timms helped present the Royal Falcons football club, based in Savage Gardens, with an FA Charter Standard on behalf of Essex Football Association.

The club, which works with 300 children aged from four to 15, is now in its 23rd year. Nick Crickmar, senior coach and club development officer, said: "We are all very pleased with the award, which recognises that the club is run in an outstanding manner. The children who attend our football sessions receive the highest possible standard of coaching from fully qualified coaches."

The club is the first youth club to receive the award. They hope it will help them deliver even more sessions to more children.

Howzat! College wins cricket prize

Cllrs Hussain and Clark and Ravi, centre, with the trophy. Photo: Nick Wood

Newham councillors Forhad Hussain and Ken Clark joined England cricket star Ravi Bopara to hand over a top award to Newham College.

A team from the college, which has campuses in East Ham and Stratford, recently won the national Association of College Sports tournament, beating a team from Birmingham in the final at Newcastle-upon-Tyne.

Councillors Hussain and Clark joined star Ravi ahead of the Essex versus Sri Lanka match in Chelmsford to hand over the trophy to the college team, who were representing London. All the players were under 19. Team manager Zaheer Daleel said: "To even compete at this level is hard enough, but to come away with the trophy is amazing. The team did not exist until four years ago."

Councillor Hussain said: "This victory makes Newham College the best college cricket team in the country. The achievement follows an unbeaten league season and a regional title last month."

Registering for housing made simpler

Newham's online housing register will be closed temporarily until 4 July so that improvements can be made to make the system quicker for residents to use.

The new system will make it simpler and easier for applicants to join the housing register. It will mean fewer document checks, a self-assessment process, the ability to update your application at any time and a simplified renewal process.

During the closure, new applicants will not be able to complete an online housing register application, but will still be able to register an interest in joining the register. If you are eligible, your registration can be backdated to the date you expressed an interest.

If you are interested in joining the register you need to go to the My Newham section at **www.newham.gov.uk** and log on to 'Apply for it' and then 'Housing Register'. For more details, visit **www.newham.gov.uk/housingregister**

Embracing our changing community

Immigration and social cohesion are two very complex and emotive issues. It is important that they are discussed and people are able to speak their minds – but any debate must be constructive and above all balanced. That is why I was so disappointed in the sensationalist approach taken by the BBC documentary Last Whites of the East End, shown recently.

"Our diverse community is what makes this borough strong, vibrant and forward thinking."

The people featured in the show have every right to express their views. As a society and as a council we need to take their concerns and issues on board if we are to maintain and further build a strong and cohesive community based on fairness for all. But it is a discussion that has to be balanced.

Yes the borough has changed over the years, but so have many other parts of the country. Yes we have a hugely diverse population, but there are so many reasons why people move around, be that changes in the economy, house prices or to be closer to their family.

There were many misleading and distorted impressions of Newham left by the documentary, but for me the worst one was that this is a borough

Residents at one of Newham's many events

where no one speaks to others and where there is no community spirit. This is utterly untrue.

"Our borough and its population will continue to change. We will continue to embrace this change with open arms."

We do more than any other borough to bring people together through our programme of free events in our community neighbourhoods where we offer at least 500 activities every month. Around 100,000 people joined in the fun at the Mayor's Newham Show and the four-day music extravaganza Under the Stars last year.

Nine out of ten people say this is a place where people from different backgrounds get on well together. Our diverse community is what makes this borough strong, vibrant and forward thinking.

To promote integration and understanding we should work together to tackle common challenges. That is the Newham way: tolerance and solidarity that transcends racial, ethnic and religious lines. Our borough and its population will continue to change. We will continue to embrace this change with open arms.

Mayor's view

Proud of our remarkable people

It was an honour to welcome residents to the Annual Meeting of Newham Council at the Old Town Hall in Stratford, to witness the awarding of Freedom of the Borough and the titles of Alderman and Alderwoman to some special people.

The awards are the highest the council can bestow. We offer them sparingly, but when we do, they are awarded to truly remarkable people. It was my privilege to be able to pay tribute to those who received them.

Each recipient has made a significant contribution to Newham life past and present. Each of them has a legacy that will be remembered for many years to come. All of them are ambassadors for our borough, helping to improve how we are perceived locally, nationally and internationally.

Local government is not just a provider of services that residents say are important to them. We also have opportunities to be able to express civic pride and the freedom and alderman/ alderwoman systems are two of the last vestiges of local government from days gone by.

What made these awards special was that their formal approval by councillors was the final official business of the 2015/16 municipal year, the 50th anniversary year since Newham was formed from the amalgamation of East Ham and West Ham county boroughs at the start of the 1965/66 municipal year.

These days the awards do not confer any rights or privileges. They are purely honorary titles, but from talking with the recipients Shama Ahmad MBE, Christine Bowden, Lew Boyce, Paul Chelliah, Marie Collier, Val Fone, Keith Hasler, Kevin Jenkins OBE, Newham and Essex Beagles Athletic Club, Mark Noble and Devendra Patel, I know how much they meant to them.

> "All of them are ambassadors for our borough, helping to improve how we are perceived locally, nationally and internationally."

Since 1965 only 17 freedoms have been awarded and only four people conferred with the title of alderman or alderwomen. I congratulate all of our past and present recipients.

With freedom of the borough recipients

with Sir Robin Wales

New Deal For Newham

Bobby Saeed

Fighting back after a stroke

Supporting, protecting and enhancing the lives of vulnerable adults is one of Newham Council's most important functions. That is why, as part of our New Deal for Newham, we helped the Stroke Association launch a service to provide practical support for people who have experienced stroke or those at risk of it.

Latest figures show that there are almost 2,770 stroke survivors living in Newham. East Ham resident Bobby Saeed is one of them. Now he supports a local campaign from the Stroke Association that aims to prevent stroke and help people rebuild their lives.

Stroke can have a massive and sudden impact on people's lives, with devastating physical, practical and emotional consequences. And it's not just the survivors who suffer, but their family and friends as well.

> **"I'm really pleased that, as a result of this new service, many more stroke survivors like me will have this extra support."**

This month, the Stroke Association, funded by Newham Council, has launched the new Stroke Recovery and Prevention Service to offer practical support for stroke survivors and their families living in the borough, as well as activities and advice about preventing stroke for those most at risk.

Bobby, 42, had a devastating stroke in July 2013 while at work in his role as an IT consultant. On arrival at the hospital, doctors diagnosed a huge bleed on his brain and Bobby's family were warned that he was unlikely to survive.

Bobby was left in an induced coma for ten days, but when he awoke he slowly began to make progress. After three months at The Royal London Hospital in Whitechapel, he spent a further six months receiving intensive rehabilitation at Northwick Park hospital in West London.

This included speech therapy, physiotherapy, occupational therapy and psychological therapy to help Bobby and his family come to terms with the effects of his stroke. Almost a year later, Bobby was moved to Westgate House Care Home, in Romford Road, Forest Gate, where he is living today.

The stroke has left him with limited movement in the right side of his body, which means he has trouble standing and walking without support. He also has paralysis on the left side of his face, which can sometimes lead to slurred speech. Despite these problems, Bobby is keen to point out how much progress he has made since the early days.

He said: "I felt really low after my stroke. It was like I was a different person because I couldn't interact with people in the way that I used to as I had such problems with my speech.

"But I was determined to get better because I'm a fighter. When they said that I may not survive my best friend told doctors that I was the most stubborn man in the world and that they weren't going to get rid of me that easily! He was right and I've had that same stubborn attitude throughout my recovery.

"I feel really grateful to the Stroke Association for their support. Whenever I feel down, I always remember the motivation I get from the others at the Association, who lift my spirits and let me know I'm not alone. I'm really pleased that, as a result of this new service, many more stroke survivors like me will have this extra support."

Risk factors

People with certain medical conditions like high blood pressure, diabetes and high cholesterol are at a greater risk of stroke, as are people from certain ethnic groups, including south Asian, African and Caribbean.

Lifestyle factors like smoking, being overweight and lack of exercise can also increase the risk.

What are the signs of a stroke?

FACE – has their face fallen on one side? can they smile?

ARMS – can they raise both arms and keep them there?

SPEECH –is their speech slurred?

TIME – to call 999 if you see any single one of these signs

The sooner somebody who is having a stroke gets urgent medical attention, the better their chances of a good recovery.

For more information about the Stroke Prevention and Recovery Service call **020 7474 0003** or email **yussa.uney@stroke.org.uk**

Caring for carers

Carers Week (6-12 June) is an annual campaign to highlight the challenges faced by carers and recognises the contribution they make to the people they care for, and to their communities.

It's estimated that 25,000 Newham residents perform an unpaid caring role, and many don't realise that they may be eligible for extra support.

East Ham resident June Whitfield has been caring for her two sons for more than 24 years.

She said: "I became a carer when we received the news that my eldest son Martin, who was working in Brussels at the time, had tried to take his own life. We brought him back to the UK, and at the time I didn't realise that I had become a carer; I just took care of him as any mother would under the circumstances.

> "At the time I didn't realise that I had become a carer; I just took care of him as any mother would under the circumstances."

"We didn't know anything about mental health but we were learning every time we faced an obstacle. We also didn't want to speak to anyone and wanted to keep the problem hidden because, like many people, we felt a stigma attached to a diagnosis of depression. But we've since learned that one in four people will have a mental health problem, so it's really nothing to be ashamed of.

"Our only respite as a family came when Martin moved out into his own flat after a few years, but that brought new challenges. He continued to have negative thoughts and had no enthusiasm to do anything. My husband and I both had to help manage Martin's wellbeing and his personal affairs while maintaining two full-time jobs.

"By the time my two younger sons started university, mental health problems seemed to be more widely recognised and we were having more frequent care plan meetings, which was positive. But around the same time, one of my younger sons began to experience hallucinations.

"Unfortunately my employer at the time wasn't supportive and I was left with no option but to give up work. In the end my son had to be admitted to hospital where he was diagnosed with schizophrenia. It was around this time that I started to learn more about what a carer is, and began sharing knowledge, and tips with other carers. We've also received help from family, friends and we got a carer's assessment from Newham Council.

"A typical day for me consists of cooking meals for both of my sons, doing their chores and encouraging them to stay positive with their thinking. There are days when it gets extremely difficult to cope with, especially when they need to be hospitalised.

"As a carer I need to wear different hats all the time: I have to be a motivator, companion, friend and provide lots of encouragement when they are feeling low or hearing voices. Every hour is unpredictable.

"I think the support provided for people with mental health problems and their carers still needs to be improved. That's why I'm pleased to help Newham Council and NHS Newham Clinical Commissioning Group to raise awareness and identify other people who are caring for a loved one, so that they can get the support they're entitled to."

Caring for someone can include many different things, such as helping with their washing, dressing or eating, taking them to regular appointments or keeping them company when they feel lonely or anxious.

If you provide unpaid support to a family member, friend or neighbour who couldn't cope without your help then you may be entitled to a carer's assessment.

To find out more, head to one of the information events being held across the borough during Carers Week (6-12 June). For details visit **www.newham.gov.uk/carers**, email **carers.team@newham.gov.uk** or call **020 8430 2000 (option 2).**

carers week

June Whitfield

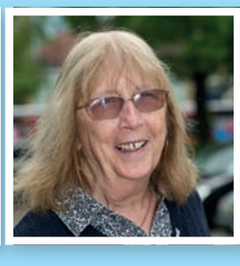
NHS
Newham
Clinical Commissioning Group

Newham London

Are you a carer?

Carers Week

6-12 June 2016



Come along to one of our **FREE** events across the borough to find out what support is available to you if you provide unpaid support to a partner, child, relative, friend or neighbour who could not manage without your help.

FREE activities for all the family

Monday 6 June

- **Forest Gate Library (10am-4pm)** *2-6 Woodgrange Road, E7 0QH*
- **Custom House Surgery (9am-12pm)** *16 Freemasons Rd, E16 3NA*
- **Vicarage Lane Health Centre (2-5pm)** *10 Vicarage Lane, E15 4ES*

Tuesday 7 June

- **East Ham Customer Service Centre and Library (10am-4pm)** *328 Barking Road, E6 2RT*
- **Queens Market (10am-4pm)** *Green Street, E13 9JJ*

Wednesday 8 June

- **East Ham Market (10am-4pm)** *High Street North Pilgrim's Way, E6 1HY*
- **Newham University Hospital (10am-2pm)** *Zone 6, Glen Road, E13 8SL*

Thursday 9 June

- **Stratford Library (10am-4pm)** *The Grove, E15 1EL*
- **Sainsbury Beckton (10am-4pm)** *1 Claps Gate Lane, E6 6JF*

Friday 10 June

- **North Woolwich Library (10.30am-12.30pm)** *5 Pier Rd, North Woolwich, E16 2LJ*

Saturday 11 June

- **Carers Fun Day Chargeable Lane Resource Centre (11am-6pm)** *200 Chargeable Lane, Plaistow, E13 8DW*
  Activities include: Head and shoulder massage, Zumba, Salsa, bouncy castle, disco, Nintendo Wii on big screen, face painting, balloon modelling, henna painting, manicures, hand reflexology, chess, table tennis, Health MOTs and more.

For more information visit www.newham.gov.uk/carers
email carers.team@newham.gov.uk or call 020 8430 2000 (option 2)

family action Building stronger families

carers week

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Newham London

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www.newham.gov.uk/privatelandlords

*Quote NMPRS

Community spirit transforms centre for disabled children

Mayor Sir Robin Wales joined Newham Council staff, corporate volunteers and school children to transform a centre in Plaistow used to provide short breaks for disabled children.

Over two days they upgraded the garden at the Branching Out@Dongola Road centre as part of a project which involved working in partnership with Groundwork London.

The event was part funded by corporate volunteers from PwC Pricewaterhouse Coopers. The volunteers cleaned, planted, painted, and installed a new 'messy play' area in the garden area of the centre. A group of pupils from St. Bonaventure's School in Forest Gate created an engaging mural to animate the space.

The Mayor dropped in to lend a hand. He said: "This project is a perfect example of the kind of community cohesion that plays a vital function in building resilient communities in our borough. "

Centre manager Karen Carty said: "It has been great to see people from different backgrounds come together to help us out – the young people will really love it."

The council centre is currently registered as a short breaks children's home with the capacity to care for young people between the ages of 10-18 with physical and learning disabilities. It has recently achieved a 'Good' rating with Government inspectors and improving the look and feel of the centre is one signal that the hard work does not stop there.

Danielle Johnson, community manager at Groundwork London, said: "The volunteers worked hard, and the users of the centre were very appreciative. This type of work is at the heart of what we do, making a difference to community spaces to have an impact on their lives. We were glad to help."

Anthony Adusei-Poku, a Year 10 student from St Bonaventure's said: "'I felt that painting the wall was an enlightening experience for all who took part and hope that the residents will enjoy looking at it as much as we did painting it!"

To find out more about short break offers at Branching Out@ Dongola Road, call 020 8471 8219 or email Dongola.Road@ newham.gov.uk

Visions of Newham: **fairn**

Mayor Sir Robin Wales used Newham Council's Annual Meeting at the Old Town Hall in Stratford to outline his plan of work for the next 12 months and accuse the Government of failing Newham's people.

He delivered a speech to a packed audience of residents, community partners and councillors. He also paid tribute to some remarkable people who over the years have made a huge contribution to the life of the borough.

Sir Robin said: "This Government has nothing but contempt for our residents and their values. Contempt for those who are suffering as the welfare system crumbles around them; contempt for the achievements of our teachers, children and parents; and contempt for people working on low wages, battling to keep a roof over their heads as they fight off soaring rents.

> **"We have forged an ambitious vision for a resilient community, underpinned by values of fairness, reciprocity, trust and solidarity."**

"But we have fought back and the council has done more than any other local authority in the country to help residents to become empowered. We are not content just to blunt the worst excesses of austerity. We have forged an ambitious vision for a resilient community, underpinned by values of fairness, reciprocity, trust and solidarity."

Sir Robin outlined measures taken by the council to help residents. These included schemes such as MoneyWorks, a fair alternative to pay day lenders; Red Door Ventures, the council's own company to build and buy homes; the borough's private sector property licensing scheme; and Local Space, the housing association set up by the council which has offered more than 1,800 homes to homeless families.

He said: "It's working. Some 38,000 more residents are in work now than six years ago when we increased investment in Workplace, the council's employment and job brokerage scheme. In 2011, we were statistically the second most deprived area in the country; now we are 25th. Our progress in a few short years has been extraordinary."

The Mayor vowed to continue to support residents. He told them: "We won't leave you to fend for yourself. We will build affordable homes. We will help you into work. We will give your children the opportunities they deserve. We will be the beating heart of progressive change in this country.

"But while we're proud of our achievements, we can't afford to rest on our laurels. We have passed a balanced budget with fairness, reciprocity, trust and solidarity at its core – protecting the services people value most. We are also introducing two new programmes. Keeping Newham Moving will invest £100million in our roads and lights over ten years. This is the biggest investment of its kind in London's roads. Keeping Newham Clean will help residents take responsibility for their neighbourhoods. And we're spending an extra £1million to crack down on those who dump rubbish on the street."

The Mayor also revealed that the first refugee families from Syria will arrive in Newham this month. He said: "We are ready to take our fair share. What better statement of our values is there than to provide shelter and safety for those most in need."

Sir Robin and councillors also conferred the honour of Freedom of the Borough on ten individuals and one organisation for their distinguished service to the borough and their significant contribution to Newham life now and in the past. Four of them also received the title of alderman or alderwomen.

The audience enjoyed a performance from young people on Newham's Every Child a Musician programme. The previous Young Mayor of Newham, Yaseen Bux, also received a commemorative badge as a mark of thanks for his year in office.

Freedom recipients:

Shama Ahmad MBE (also alderwoman); Christine Bowden (also alderwoman); Lew Boyce; Paul Chelliah; Marie Collier (also alderwoman); Val Fone; Keith Hasler; Kevin Jenkins OBE (also alderman); Mark Noble; Devendra Patel; and Newham and Essex Beagles Athletic Club.
To read more about the recipients visit **www.newham.gov.uk**

To read Sir Robin's Annual Meeting speech in full visit **www.newham.gov.uk/agmspeech**

ess, trust and solidarity

Freedom recipients

Yaseen Bux

A packed Old Town Hall heard Sir Robin outline his vision for the borough. Among them were councillors, freedom recipients and young performers.

Know your travel options

Saturday 4 June to Friday 23 September

Network Rail is working on the Gospel Oak to Barking London Overground Line as part of TfL's improvement plan. This will enable new longer trains to run from 2018.

There will be no service between South Tottenham and Barking for the entire period.

At weekends services will not run between Gospel Oak and Barking.

Please use alternative Tube or rail routes, or rail replacement bus services and allow more time for your journey.

Search TfL London Overground closure

MAYOR OF LONDON

TRANSPORT FOR LONDON

NetworkRail

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To advertise here call Julie Madell on 07890 529 090 or email julie.madell@newham.gov.uk

Be prepared for Ramadan

This year, Ramadan, the month of fasting for Muslims, will start on or around 6 June (depending on the sighting of the new moon). Newham Council and the NHS are advising residents to take care of their health.

Dr Chandra

As Ramadan takes place during the summer the period of fasting is longer, meaning that it's even more important to be aware of your health. Dr Prakash Chandra, a local GP and chair of NHS Newham Clinical Commissioning Group (CCG), says its important to look after yourself and stay healthy while fasting.

Take precautions

"Longer, warmer days can increase the risk of dehydration, causing aches, cramps, dizziness and exhaustion.

"Dehydration can particularly affect people with existing medical problems such as diabetes or high blood pressure. Take precautions to avoid long periods of time in the sun, rehydrate well during non-fasting hours and cut back on caffeinated drinks.

Manage your medication

"It's really important that people who take regular medication, for diabetes or high blood pressure, continue to take this as prescribed until they've spoken to their GP.

"Some medicines can be taken during Ramadan - including injections, ear drops, eye drops or patches where the medicine is absorbed through the skin. If you have diabetes, you should continue to monitor your blood glucose levels.

"Your GP may also be able to change your prescription so that you don't have to take your medication during fasting hours. If you think there is a problem, don't hesitate to seek medical help.

Eat a healthy, balanced diet

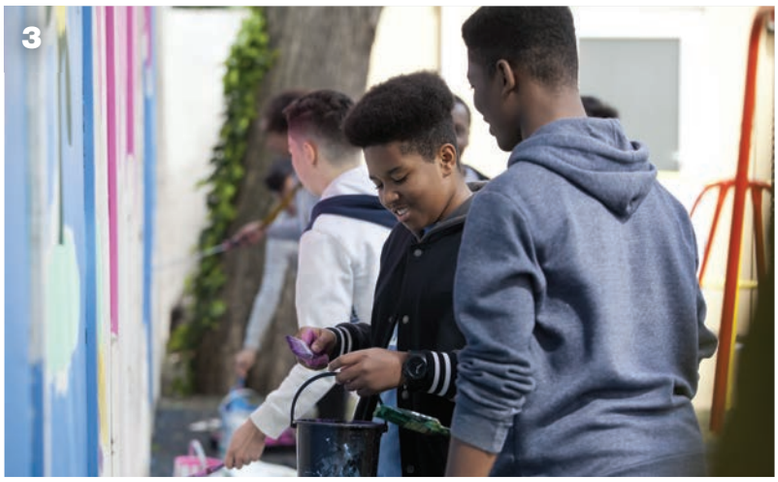
"Eating a balanced diet during the non-fasting hours helps keep your body functioning properly during the day. Foods that release energy slowly, including carbohydrates and protein, will help to maintain energy levels."

The NHS Live Well website (**www.nhs.uk/LiveWell**) is a good tool for meal ideas that include ingredients from all five major food groups.

Stop smoking

For smokers, Ramadan could be a great opportunity to quit for good. It might seem daunting, but the NHS is here to help. Visit **www.nhs.uk/smokefree** or visit **www.newham.gov.uk/stopsmoking** to find your local Newham Stop Smoking service where you can receive up to 12 weeks of free one-to-one support from a trained adviser.

Newham in pictures



1 2016 Games hopefuls Adelle Tracey and CJ Ujah in the former Olympic Stadium, E20, to help lay the new track following transformation work. **2** Ready to take-off. Members of the Royal Falcons youth club warm up before a football game in Savage Gardens, E6. **3** Brushing up the paintwork! Young volunteers gave the Dongola Road Project a makeover in Plaistow, E13. **4** Cor its hot! I think I'll have another one. Some of the younger residents of Wall End Road, East Ham, E6 who enjoyed a street party. **5** Taking it easy. An artist, inspired by the real thing created a sand dog in High Street North, East Ham, E6.

Benefit of fostering teenagers

Foster carers play an important part in Newham Council's commitment to support, protect and enhance the lives of vulnerable young people and children and offer them the best start in life. There is always a need for carers to open up their homes to teenagers, so that they can benefit from a family environment – teenagers like Stephianne Black, who came into care at the age of 14.

Stephianne lived mostly with the same foster carer until she was 18. Now 21, she works for the council's children and young people's service. She said: "My foster carer Margaret looked out for me from the very first moment I went into her care.

"I was going through my GCSEs and it was a hard time. I was on the verge of being excluded from school. Margaret came into the school and told them that there was no way they were going to exclude me because I was sitting my exams and I was going to finish them.

"Margaret did that for me; this stranger; someone that had never met me before and I had only been living with for a couple of months. Where I am now is down to her. She made it possible. If I hadn't stayed at that school I wouldn't have got my GCSEs and I don't know where I would be."

Stephianne passed 11 GCSEs and went to sixth form and college before gaining an apprenticeship as part of the Youth Employment Scheme at Newham Council. She said: "I wasn't easy to look after and I look back now and ask why was I so difficult?

"Margaret taught me a lot about how to be a calmer person and how to behave in public. That is something that I will always keep with me. Her continuous support and encouragement to be part of her family and a better person made it that much easier to move on from my life before coming into care.

"Before I went into care I had never been on holiday. Margaret took me on my first holiday to a caravan park in Clacton. To this day it was one of the best experiences I've ever had. It brings back such a good memory of my childhood because it was such fun."

Stephianne is in no doubt about the qualities that make a good foster carer. She said: "Patience, an awful lot of patience! Margaret was so patient and tolerant, but she was also strong. She would give me reasons why she was

telling me to do or not to do something and would talk to me about the consequences that bad behaviour can lead to."

As a Newham foster carer looking after a young person aged between 11 and 18, you will:

- currently receive between £377 and £407 in allowances and fees each week.
- qualify for a set up grant of £750 to equip your home for the foster child.
- have a designated social worker to support you throughout your fostering journey. The child will have a different social worker.
- receive advice and support from the team's family therapist.
- receive ongoing training.
- be part of regular support groups where you will meet other Newham carers.
- have access to a 24-hour advice line.
- receive free membership of FosterTalk – an independent organisation providing professional support services to foster carers across the UK.

We want to hear from individuals or couples who:

- have experience of caring for or working with young people from the ages of 11 to 18.
- have a spare bedroom.
- live in Newham or within a 20-mile radius of Newham.
- most importantly, are patient, tolerant and have a good sense of humour.

If you want further information about fostering a teenager, please ring our freephone number 0800 0130 393 or visit www.newhamfostering.co.uk or www.newham.gov.uk/fostering

THEATRE ROYAL STRATFORD EAST presents

THE SMASH HIT COMEDY

LOVE N STUFF

Written by
TANIKA GUPTA

Directed by
KERRY MICHAEL

★★★★

'Hilarious and touching love story'
WhatsOnstage.com

3 - 25 JUN 2016

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Photos: Robert Day Design: NGDesign.com

Don't let rubbish spoil your Newham.

Fly-tipping and littering is a challenge for every local council and in Newham we strive to ensure our streets are clean and safe for residents as well as visitors. That's why we take a proactive approach to street cleansing.

Part of our New Deal for residents is action against those who dump rubbish in the borough. In the most recent round of appearances at court, 17 people were prosecuted by Newham Council.

In addition, we are reinforcing our street cleaning services to provide a more targeted weekend service so that our streets are looking their best when residents are able to enjoy them.

We are also investing an additional £1million in beefing up our enforcement team to crack down on fly-tipping hotspots. Using high visibility patrols, cameras and information from residents we will catch those who blight our streets and haul them before the courts where they can face fines or prosecution.

Fly-tipping is a criminal offence punishable by a fine of up to £50,000 or 12 months imprisonment if convicted by magistrates. The offence can attract an unlimited fine and up to five years imprisonment if convicted in a Crown Court.

The pictures on this page show people we want to question about anti-social behaviour offences. If you recognise anyone please call **020 3373 4479** and quote the reference number beside the image.

To the people pictured here, our message is simple – we will use every power at our disposal to track you down and prosecute, including publishing a photograph of you if we need to establish your identity. Contact us now and maybe you will be able to avoid prosecution.

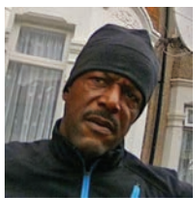
Ref: 90016677

Ref: 90016691

Ref: 90032267

Ref: 90032297

Ref: 90039781



Ref: 90016307

Ref: 90032369

Ref: 90032379

Ref: 90039701

Ref: 90039816

Ref: 90040729

New Deal For Newham

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement**

Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at www.newham.gov.uk/MyNewham or download the Love Newham app by visiting www.newham.gov.uk/lovenewham

Call 020 3373 4479 and quote the reference number beside the picture.

CAUGHT ON CAMERA

Fun, fitness and families at

THE MAYOR'S NEWHAM SHOW

Saturday 9 and Sunday 10 July, 12noon to 6pm
Central Park, East Ham, E6

Our coverage of the **FREE**, fantastic and fun things that are happening at this year's Mayor's Newham Show continues. If you haven't already done so, now is your chance to block out your social calendar and invite all your friends and family to this summer spectacular.

Hobbies and Crafts

Get involved in a range of fun family activities and it may even inspire you to take up a new hobby. Activities include:

- biscuit decorating and sugar flower making
- jewellery making and balloon art
- Debden House Family camp site
- mendhi
- hair and fashion
- dance tasters.

Community Neighbourhoods

Meet your local councillor in the Community Neighbourhoods area, with storytelling and games, a mini library and the chance to find out more about where you live.

Existing library users can take out and return books from a wide selection of authors including children's favourite Roald Dahl, who also features in the children's entertainment area. The Best in Show competition returns with prizes up for grabs in six categories.

Saturday

- best jam
- best chutney
- best bread.

Sunday

- best cake
- best flower arrangement
- best children's cake (under 16s only).

For more information on how to enter the Best in Show competition, pop into your local library or go to **www.newham.gov.uk/mns**

Living a more active life

Once again the council's leisure provider,

activeNewham, will be offering two days of fun, fitness and family activities right in the heart of the park. Join in with **FREE** interactive dance, aerobic and fitness sessions. Discover ways to keep fit and healthy or get inspired by showcase demonstrations.

Residents of all ages and abilities can try out a range of activities, including:

- table tennis challenges
- exercise classes including zumba, aerobic, dance and boxfit
- sports including football, softball, fencing, martial arts, tennis and boxing
- disability friendly sports including wheelchair basketball, boccia, and sitting volleyball.

Health and wellbeing

activeNewham will also be bringing along a range of experts so you can find out how healthy you are and what you can do to make yourself feel even better, including:

- wellbeing checks
- healthy living, diet and physical activity choices
- introducing movement/exercise into your everyday life
- general wellbeing and lifestyle advice.

Healthy Newham

We will also have our own experts on hand to talk with you about how you can improve your physical and mental wellbeing, including:

- cancer awareness and support
- reducing the risks of heart disease
- diabetes screenings
- health consultations with doctors
- oral health checks
- healthy smoothies and fruity fun games
- first aid demonstrations to help you learn life-saving skills.

Volunteering

Take some time out to speak to our volunteers, find out what they do and how you can make a difference in your community. You can even have a go at volunteering with a taster session and sign up to become a volunteer.

Open Spaces

Get outdoors, get active and get social in activeNewham's outdoor area. With 22 parks and 40 open spaces in Newham there are lots of brilliant outdoor spaces for you and your family to explore. To help you get the most out of visiting these wonderful places, why not take part in an activity including:

- social bowls
- health walks
- ParkLives sessions
- community gardening
- nature conservation
- playing in the wild.

Come and say "hello" to our outdoors team to find out more about your local park or community garden, try out some go wild activities, meet some minibeasts and do some gardening.

Look out for what other exciting things are happening at this year's show in the next edition of the Newham Mag. For regular event updates this summer visit:

www.newham.gov.uk/mns
NewhamEvents
@NewhamLondon #NewhamShow

Newham London

Newham provide weekly rubbish collections

Please use your bins

Keep Newham Clean

www.newham.gov.uk/clean

Have your say on Adult Social Care in Newham

If you are a customer of care or health services in Newham, or if you care for someone who is, then we would like to hear from you.

Attend one of our Co-Production Induction Sessions

We believe that the best way to improve care and health services is to involve the people that use them. We call this approach Co-Production.

We are hosting a workshop for customers and carers – please come along and get involved:

Wednesday 29 June, 11am–2pm
Newham Dockside
1000 Dockside Road
E16 2QU

Light refreshments will be provided.

If you would like to book a place or for further information please email **Abdul.Malik2@newham.gov.uk** or call **020 3373 7622**.

Newham London

ACTIVITY CENTRE RE-OPENS WITH EXTRA FACILITIES

An outdoor centre in Canning Town has received a new lease of life with a range of new facilities to give young people more learning opportunities.

The Outdoors in the City centre, run by the social charity Community Links in partnership with Oakley Adventures, celebrated ten years as a social enterprise with an event that marked its official re-opening.

The centre, based in Freemasons Road, now has a host of new features which focus on the educational aspects of outdoor learning along with activities including zip lining, rock climbing, BMX biking, bush craft and problem solving exercises which are ideal for corporate team-building days.

Councillors Clive Furness and Bryan Collier joined representatives from schools, companies and funders who attended the opening.

Cllr Furness, mayoral adviser for adults and health, said: "Staying active is one half of the battle to leading healthy lives. I am convinced that the range of outdoor activities on offer at Outdoors in the City will go a long way to encouraging people from across a broad age range to become active."

Caroline Oakley, who runs the centre, said the developments are part of a new chapter. She said: "Our facilities now appeal to a broader age range. Not only can children and young children develop confidence, self-esteem and team work skills but our activities are also ideal for company team building and staff development days."

Gurjit Kaur Shergill, deputy head teacher at Rokeby School in Canning Town, said: "We have worked with Outdoors in the City for more than six years now. They have supported some of our boys with developing their confidence and resilience and with others they have had a massive impact on improving their attendance and academic outcomes."

Residents can visit the centre on 16 July and 6 August to try out its facilities. Activities include abseiling, climbing, BMX biking, bush craft, orienteering, problem solving exercises and leap of faith.

For more information go to **www.outdoorsinthecity.co.uk**

Cllrs Furness, left, and Collier, right

Free

Healthier you

Come along for free advice, guidance and activities to support you and your family to live healthier lifestyles.

Wednesday 22 June, 11am-2pm
Royal Docks Learning & Activity Centre
Albert Road, North Woolwich, E16 2JB

Light lunch will be provided.

For more information:
Email **Leila.Lawal@newham.gov.uk** or **projects@rdlac.org.uk**
Call **020 3373 7514** or **020 7476 1666 / 9922**

Royal Docks Learning & Activity Centre

London Borough of Newham
BECKTON & ROYAL DOCKS
COMMUNITY NEIGHBOURHOOD

Newham London

What's on in Newham

Download the free app

From reading groups to Tai Chi, CV writing to children's films, there's something on for everyone in Newham's Community Neighbourhoods.

- Get the latest Newham events and activities information delivered to your phone or tablet
- Available free from Apple App Store and Android Google Play Store

Visit **www.newham.gov.uk/communityevents**

London Borough of Newham
COMMUNITY NEIGHBOURHOODS

Newham London

Drew Prior

KEEPING NEWHAM MOVING – WITH HELP FROM PASTA

Newham and its economy is booming and Newham Council is committed to keeping the borough moving, for the benefit of both our residents and our economy.

In addition to investing £100million in overhauling our roads in the next decade as part of our New Deal for Newham, we have been working in partnership with Imperial College London on a research project to learn more about the barriers our residents face as they move around the borough, either walking and cycling or using public transport.

The project is called PASTA (Physical Activity Through Sustainable Transport Approaches) and relies on residents taking part in a survey – although some have gone a step further and opted to wear monitors for three weeks as they moved about during the day.

Veeran Shergill and Drew Prior both became 'mobile labs' for three weeks over the course of a year, wearing different monitors as they moved around during the day. The monitors were able to match GPS data on their locations throughout the week with information on their heart rate and physical activity, as well as the levels of air pollution in the areas they moved through.

Veeran, 22, is an active community volunteer from Manor Park. She said: "The survey questions are pretty simple: something you know about, as they are all about you. Taking part made me aware of how I had been sitting down for ages at work, and motivated me to walk more."

Drew, 53, from Plaistow, said: "I am concerned about the quality of the air that we breathe, especially as we travel around, so I was happy to take part to help provide local knowledge to support more investment in sustainable transport and help improve air quality for us all.

"I think the walking, cycling and public transport improvements made as part of the 2012 Games planning have really helped to show how sustainable transport improves our quality of life and brings communities together."

To take part in PASTA and the simple online survey, visit: www.survey.pastaproject.eu/london

Fill in the survey and you could win £100 in the monthly prize draw!

Veeran Shergill

Party in the playground for Queen's 90th birthday

Sandringham Primary School's Parent Teacher Association (PTA) hosted a traditional afternoon tea party in honour of The Queen's 90th Birthday.

The playground at the Forest Gate school was unrecognisable as it was transformed by as many as 1,000 children, tucking into sandwiches, scones and juice.

It was followed by the children singing God Save the Queen. Some children also made their own crowns to celebrate the occasion and get into the Royal spirit.

The school's PTA team worked with staff and parent volunteers preparing sandwiches and scones from 9.30am to ensure everything was ready in time.

Shabina Afzal, the PTA's secretary, secured donations of bread and scones from Hovis Ltd in Forest Gate and cucumbers and juice from Toor Stores, a grocery shop in Green Street.

Robert Cleary, head teacher at the school, said: "The event had a real community feel and brought everyone together for a mini-street party in the playground. It was a much enjoyed school community event which was helped by the lovely weather. We hope to be able to do such events in the future."

Winning debaters head to Oxford University

A team of five pupils from Godwin Junior School will be heading off to Oxford University to take part in the national finals of a debating competition.

They were among four teams from the Forest Gate school who went up against 30 different teams from across London.

The five Year 6 pupils were crowned the best in London after they debated the motion on banning homework in a competition held at the University of East London. They debated the motion against a team from Ravenscroft Primary in Canning Town.

The competition was organised by Debate Mate, a scheme that provides schools with university students to teach their pupils on how to debate.

Deputy head teacher Sine Brown said: "Taking part in Debate Mate has provided a fantastic opportunity for our pupils. The skills which the children have developed have transferred into the classroom, both in oral contributions and in their ability to structure their writing.

"The pupils themselves recognise this and have all reported that they feel much more confident when speaking in front of their peers and an audience."

Schools and charities get bumper crop of cereal

Staff from Newham Council's Green Street Neighbourhood Team worked in partnership with the West Ham United Foundation and His Church charity to host an event at which they distributed breakfast cereal to schools and charities.

The idea came from the His Church charity, an organisation that works to help the homeless, which partnered with West Ham United Foundation to distribute £22,000 worth of cereal.

Excited youngsters from Shaftesbury Primary School in Forest Gate took part in the event which was held at the Boleyn Ground where cereal was distributed to schools and charities in the area.

The community neighbourhood team worked with schools who plan to use the cereal for their breakfast clubs.

A number of different charities also attended the event and took away cereal to be used in their breakfast mornings.

Community Lead Councillor Hanif Abdulmuhit said: "This initiative is a prime example of the work of our community neighbourhood teams do to bring local people together and create a community spirit."

Student speaks out to win prize

Zhareen

A student from Brampton Manor Academy in East Ham beat stiff competition from 20 other speakers to win a public speaking contest.

Zhareen Syed, 15, scooped the top prize of a £100 gift certificate after coming first in the Newham final of the Jack Petchey Speak Out Challenge, held at Chobham Academy, in Stratford.

Zhareen impressed the judges with her winning speech "Say something". She said: "I feel ecstatic about winning. I am so glad that I put so much time into practise and rehearsals. My eight-year-old brother has heard me practise so many times that he knows my speech as well as I do!!! It was all worth it."

She will now go through to the Grand Final of the "Speak Out" Challenge! due to take place on Monday 4 July 2016 at the Piccadilly Theatre.

Councillor Aleen Alarice, who presented the awards, said: "I was delighted and honoured to be here. Thanks to everyone who took part. I heard some great speakers and I am proud to able to share such a celebration of the talent of Newham's young people."

Newham teachers study maths – in Singapore!

A group of Newham school leaders have recently returned from a maths study tour in Singapore. They were from ten schools, representing both primary and secondary.

The aim of their visit was to discover how, in Singapore, students gain a deeper understanding of mathematical concepts.

They also wanted to understand how the best elements of the Singaporean education system might be implemented in Newham schools.

The trip was organised in conjunction with Maths No Problem, a company that publishes Singaporean style text books for the UK market. The whole study tour was facilitated by Dr Yeap Ban Har who is one of the world's leading experts on teaching mathematics using the Singapore method.

Robert Cleary, head teacher at Sandringham Primary School in Forest Gate said: "We were able to see and understand how all children can be successful in mathematics. In Singapore it is expected that all children can do maths just as we expect all children can read."

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

Gallery

Mahnoor Rana, 9

Mithura Kanagalingam, 13

Zaynab Ahmed, 7

Afina Volos, 8

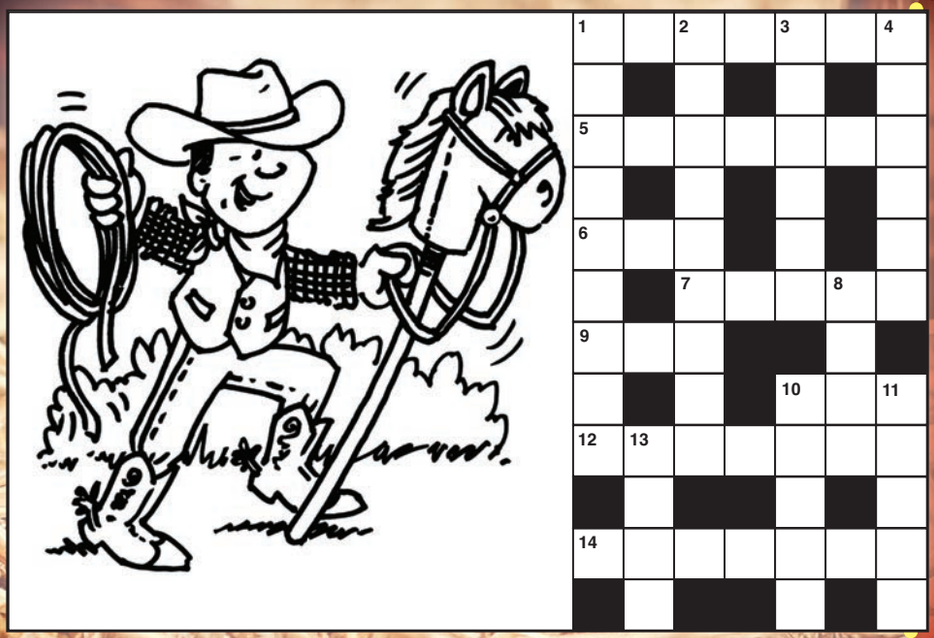
Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Crossword



Across

1. Men on horseback who herd cattle (7)
5. One of fifteen on the table at the start of a frame of snooker (3,4)
6. Great sorrow (3)
7. Piece of paper (5)
9. Finish (3)
10. Very small drink of water (3)
12. Strong feeling of support for someone (7)
14. Underwater missile fired from a submarine (7)

Down

1. Circular, sideways handspring (9)
2. Day of the week (9)
3. Juicy citrus fruit (6)
4. Totally quiet (6)
8. Way-out (4)
10. Mixture of snow and rain (5)
11. Tower used for carrying power lines high above the ground (5)
13. Woodwind musical instrument (4)

Jokes

Q: What do you get when you cross fish and an elephant?
A: Swimming trunks.

Q: Why did the computer go to the doctor?
A: Because it had a virus!

Q: What do you call a baby monkey?
A: A Chimp off the old block.

Q: Who earns a living driving their customers away?
A: A taxi driver.

Q: What stays in the corner and travels all over the world?
A: A stamp

Q: Why did the banana go to the Doctor?
A: Because it was not peeling well

Q: What is the tallest building in the world?
A: The library! It has the most stories!

Q: Why did the picture go to jail?
A: Because it was framed

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **Community Food Growing Project** – come and grow food together in a new community growing space. Meet at East Ham Library, Weds, 10am-12noon, 328 Barking Road, East Ham, E6.

2. **Community Choir** – Forest Voices will be staging a performance on Thurs, 16 June, 6.30-8pm, at The Gate C.C. Fun evening, including refreshments, where you can expect to take part in songs.

3. **Early Talk** – an introduction to singing with your child to support early communication and brain development. Tuesdays, 9.30-11.30am, at Plaistow Library, North Street, E13.

NATIONAL BOOKSTART WEEK: SHARE A STORY SESSIONS

National Bookstart Week is an annual event celebrating the joys and benefits of sharing books and stories every day.

Plaistow Library, in North Street, will be holding share a story sessions for families to support the reading initiative during the week of 6 June to 11 June. Mon, Thurs and Sat 2-3pm. Tue, Weds, Fri 10.30 to 11.30am.

TRY SOMETHING NEW... COMMUNITY COOKING PROJECT

Join our six-week cookery course, and learn to cook exciting, tasty and nutritious simple dishes.

Advance booking is required. Contact East Ham Library for more information. Wednesdays, 11.45am-1.15pm, East Ham Library, Barking Road. Cost is £6 for the course.

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 11-12noon, Beckton

Storytelling
Mon 11-11.45am, Tues 10.30-11.30am, Beckton; Tues 10.30-11.30am, Thurs 2-3pm, Plaistow; Sat 11.30am-12noon, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.45am, Tues, 10.30-11.30am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.30am, Custom House; Tue, 10.30-11.15am, The Gate

Stay and Play
Support for parents and carers to develop their child through play. Tues, 9.30-11.30am, Jeyes C.C; Thurs, 1.30-3.30pm, Jack Cornwell C.C; Weds, 10-am-12noon, Sat, 11am-1pm, Stratford; Mon, Tues, 11am-12noon, Weds, 11am-1pm, Sat, 12noon-1pm, Green St

Jiggaree Session (term time)
Fri, 10-11am, Plaistow

Reading Together
Thurs, 2.30-3pm, Custom House

Rhyme Time
Mon, 2.45-3.30pm; Tues, 10.30 –11.15am, North Woolwich

Bumps and Babies
Fri, 1.30-3.30pm, The Gate; Mon, 1-3pm, Beckton Globe

YOUNG PEOPLE

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Thurs, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; 5-7pm,

Beckton Globe (5-12yrs); Fri, 4-7.30pm, Green St

Froud Young Project (7-16yrs) Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (6-12yrs) Tues, 4-6pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich; Sat, 1-2pm, Fri, 4-5pm Green St; Thurs, 6-7.30pm, Manor Park; Mon, 4.45-5.45pm, Beckton Globe

Young Readers Club (7-12yrs) Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Just Dance! Sat, 5.30-7pm, Green St

Family Movie Club Free films for all the family. Fri, 5.30-7pm, Manor Park; Sat, 4-5.30pm, Green St

Homework Club Fri, 4-5pm, Beckton; Fri, 4-6pm, Canning Town; Fri, 4-5pm, East Ham; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow Library; Mon, 4-6pm, Sat, 1-3pm, Stratford; Sat, 10.30-12.30pm, The Gate; Sat, 2-3pm, Green St

Film Club (16+) Thurs, 1-3.30pm, North Woolwich

Children's Movie Club (5+) Thurs, 4-7pm, North Woolwich Tues, Sat, 4.30-6.30pm, Manor Park; Thurs, 4-6pm, The Gate

Board Games Club Tues, 4-5pm, Sun, 1.30-2.30pm, Stratford; Wed, 6-7.30pm, Manor Park; Sat, 11am-12noon, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

Young People's Positive Activities (9-19yrs) Weds, Fri, 7-9pm, Harold Road Centre; Weds, Thurs, 5.30-8.30pm, Katherine Road C.C.

Family Film Night Sat, 5.30-7.30pm, East Ham

Crafty Challenges Fri, 5.30-6.15pm. All ages welcome, East Ham

Karaoke Night Mon, Fortnightly, 6-7.30pm Beckton Globe Youth Zone

1st Stratford Brownies (7-10 yrs) Girls only children's group. Weds, 6-7:30pm, Play Sow and Grow, 6 Gay Road, Stratford, E15 2RN, £20 per term (10 weeks). Email guidinginstratford@outlook.com

East Ham Performing Arts Fri, 6.30-7.30pm. All ages welcome, East Ham

Family Fun Night Fun for all the family from arts and crafts to games and quizzes. Weds, 5.30-7.30pm, East Ham

East Ham IT Youth Zone Free support in using IT for homework, coursework while having fun developing new skills. Mon, 4-7pm, East Ham

Active Minds Café Activities, advice and guidance on offer to support mental wellbeing in Newham. Thurs, 16 June, 12noon-2pm, Stratford

ACTIVITIES AND SUPPORT

Afternoon tea Weds, 4-5.30pm, Canning Town

Chess Club Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate; Thurs, 5-7pm, Custom House; Weds, 3.30-5pm, Plaistow

Coffee Mornings Tues, 11.30-1pm, Beckton; Mon 11-12.30pm, North Woolwich; Thurs, 10.45-12noon, Canning Town; Tues, 11-12.30pm, Custom House; Tues, 14 June, 10.30-12noon, Manor Park; Weds, 15 June, 10-12noon, East Ham;

Do It Online (18yrs+) Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Road C.C; Tues, 2-3.30pm, North Woolwich; Weds, 2-3.30pm, Beckton Globe; Thurs, 1.45-2.45pm, Custom House; Weds, 3.30-5pm, Plaistow

Knit & Natter (16yrs+) Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow

ICT Surgery IT advice for all ages. Fri, 2-4pm, Canning Town

ICT Drop-in Session Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; 10.30am-12.30pm, Green St; Weds, 10.30-12noon, Stratford

Deafroots Deaf Club Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242 778.

Adult Reading Groups Thurs, 16 June, 6.30-7.30pm, email easthamreaders@gmail.com for more info

Life in the UK Classes 12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St; Tues, 12noon-2pm, Stratford

ESOL for Beginners Tues, Fri, 1-3pm, Plaistow; Tues, Fri, 9.30am-12.30pm, Jack Cornwell C.C; Weds, Thurs, 9.30am-2pm, Katherine Road C.C. Call 020 8548 9825 to enrol. Mon and Weds, 9.30am-3pm, Beckton C.C.

ESOL for Absolute Beginners Weds, 9.30am-2pm, Katherine Road C.C

Sewing Class Weds, 10am-12noon, Beckton C.C. £2 per session.

Ballroom Dancing (18yrs+) Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

Citizens Advice Sessions Advice sessions on money management, energy saving and debt. Appointment only. Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course More than 500 free courses. Sat, 11am-12.30pm, Manor Park

Basic Computer Skills Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

Stratford London Toastmasters Public speaking & leadership club. 1st and 3rd Monday of each month, 6-8pm, Stratford

Embroidery Group Thurs, 10.30am-12.30pm, Manor Park

International Lunch Club Cost £3 per meal. First come, first served. Mon, 12noon, Beckton C.C.

Docklands Drop-In Group Weds, 1-3pm, Beckton C.C.

Chai and Chat Women Group (18+) For women who use the mental health service only. Weds, 10.30-12.30pm, Plaistow

BPCA Day Care Centre For people with multiple disabilities. Mon-Fri, 9am-4pm, Beckton C.C.

Workplace Drop-ins Discuss job vacancies training etc. Weds, 8 June, 2-4pm, Stratford

Employment Support Session Last Weds of every month, 5.30-7.30pm, East Ham

Get Connected
Bring your own device. Weds, 1-2pm, Green St

English Conversation Club Mon, 6-7.30pm, Manor Park; Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Road Institute; Mon, 11-12noon, East Ham; Weds, 10.30-11.30am, Beckton Globe; Sat, 10-12noon, Stratford; Mon, 10-11am, Plaistow

Model Train Workshop
Mon, 12.30-3.30pm, North Woolwich

Martial Arts (7-12yrs)
£2. Tues, 6.45-7.45pm; Thurs, 4.45-5.45pm, Beckton Globe

Basic English for Beginners Mon, Weds and Thurs, 10.30-11.30am, Green St

Creative Writing
Thurs, 9 June, 6.30-8pm, Beckton Globe.

Acupressure
Relieve physical and medical problems with pressure points. Age: 16+, £5 per session. Sat, 1-3pm, Plaistow Library

Community Market
Greatfield Community Market, Sat, 11 June 11am-2pm, St George's Church Hall, Burford Road, East Ham

Summer Tea Dance
Dance to live artist, enjoy ballroom, Latin, Line dancing, Soca and Reggae. Sat, 25 June, 4-7pm, The Hub C.C.

COMMUNITY ACTIVITIES

Mums2be Meetup
Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police Cadets (10-12 yrs, term time)
Weds, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs) Weds, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

Newham Super Choir
Tues, 10.30-12noon, Beckton C.C, £3.50, 1st session free

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

West Ham Boys ABC
Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

Boxing and Self Defence (16+) Tues, 5.15-6.15am, Jack Cornwell C.C

HEALTH AND FITNESS

Salsa Dancing (18yrs+)
Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class
Fri, 10-11am, Beckton C.C. Fri, 11am-12pm, The Gate. Fri, 5-6pm, Beckton Globe

Yoga
Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1. Thurs, 6-7.45pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Sat, 10am-12noon, Plaistow; Thurs, 6.30-7.30am, Grassroots; Mon, 6-7pm, Beckton Globe; Weds, 6-7.pm, East Ham, £1

Tone-Tastic
18+ Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C.

Aerobics
Tue, 9.30-10.30am, Jack Cornwell C.C £2

Keep Fit to Salsa (18+)
Tues, 11.45am-12.45pm, Field C.C; Mon, 3.15-4.45pm, Beckton C.C. Sat, 2.30-5pm, The Gate

Zumba
UnityZumba. All 8-9pm. Mon, Lister Room, East Ham Town Hall; Tues, St Mark's Community Centre, Tollgate Road, Beckton; Weds, Lister Room, East Ham Town Hall; Thurs, St Mark's Community Centre, Tollgate Road, Beckton. All sessions £5. Book at 07886 884573 or at info@ufdance.co.uk

Bollywood Exercise Class (14+) Sat, 11am-12noon, Katherine Road C.C.

Slimming World Mon, 5.30-9pm, Beckton C.C. £5

Hatha Yoga Fri, 10.45am-12.15pm, Jack Cornwell C. C. Over 18s, £3

Walking Group
Fun walk, warm up games and cool down with light refreshment. All ages. Meet at the library. Sat, 10am-11am, Plaistow

Greenway Public Consultation Consultation on future developments of the Greenway, all ages. Thurs, 9 June, 5.30-7.30pm, Plaistow

50+ ACTIVITIES

Bingo (50+yrs)
Mon, 12-1pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN
Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group
Weds, 12noon-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C. C.

Dominos Group
Fri, 6-10pm, Field C.C

Chair Based Yoga
Tues, 12.30-1.30pm, Manor Park

Forever Young
Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Pilates Classes
Tues, 9.30-10.30am, Field C.C; Tues, 9.30-10.30am, The Gate

Happy Living Club
Indoor and outdoor activities. Tues, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club
Weds, 12.30-1.30pm, Manor Park

Walking Football
Tues, Sat, 10-11am, Flanders Field, E6 2SG. Email mark.blythe@bonnydowns.org or call 020 8586 7070.

Age UK East London Nordic Walks (18+) Mon, 10.30-11.30am, meet at Hackney Marshes Centre, Homerton Road, E9. Call 07989 938 242

Steel Pan Music Therapy
For people with learning and physical disabilities, dementia and stroke. Fri, 12-2pm, Beckton C.C

Zumba & Indian Dance
Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

Get Active, Get Healthy, and Exercises for Fitness
Thurs, 11-12noon, Jack Cornwell C.C.

Line Dancing
Weds, 12.15-1.15pm, £2.50, Well Community Centre, East Ham

Get Active, Get Healthy – Walk to the Park Mon, 10.30-11.30am, Manor Park Library

Backsercise Tues, 6-7pm, The Gate

Drop-in Embroidery Class Mon, 11am-1pm, East Ham

Active Centre 50+ Group £1.50 fee to cover cost of refreshments. Weds, 20, Apr, 1-3pm, St Mark's C.C

Get Active Get Healthy, Yoga For men and women aged 50+. Fri, 12noon-1pm, until 10 June, Jeyes C.C.

Get Active Get Healthy, Salsa For men and women aged 50+. Weds, 6.30-7.30pm, until 29 June, New City Outreach Centre

Get Active Get Healthy, Zumba/Salsa For men and women aged 50+. Thurs, 10-11am, until 29 Sep, Barking Road Community Centre.

Health and Well Being Tips for Healthy diet & how to cook healthy. Thurs, 9 June-4 Aug, 3-4.30pm, 3.30-4.30pm, Jeyes C.C

Get Active Get Healthy, Line Dancing and Folk Dance Suitable for all levels, open to men and women. Thurs, 11am-12noon, Barking Road C.C until 29 Sept

Taste of Fitness Taster sessions in a range of fun exercise styles. Suitable for all levels, open to men and women. Thurs, 6-7.30pm, East Ham

GREEN

Green Gym Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club Fri, 11am-1pm, Bowling Green,Central Park, High St South, E6

Grow Together Be Together Community Gardening Club Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

Community Gardening Tues, 10am-12pm, Beckton C.C; Tues, 4-6pm, St John's Green Community Garden

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+) A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+) Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs) Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+) Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs) Tues, 4-5.30pm, Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs) Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+) Weds, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Modern Arnis Martial Arts (16yrs+) Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

Female Only Gym Sessions Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

Abs Blast (11-15yrs) Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Female Only Zumba Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Road, E16 2DE. £2.50

Fun Female Fitness (14yrs+) Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Netball (14yrs+) Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs) Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVIc, E13

Athletics (8-18yrs) Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Get Fit for Free Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Swim for Families Dealing with Autism Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

RUNNING

Beckton Park Run Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England £2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at cark park). Call 07718 394 874.

East End Road Runners Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS

Cricket (14yrs+) Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269 226

Lister Table Tennis Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call 07888 830 179

Indoor Cricket (8-16yrs)
Weds, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Newham and Essex Beagles Athletics Club
Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses (4-16yrs) *Tues: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thurs: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Ln, London, E13 8SD. Sat: 4-5pm, 5-6pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513*

Adult Tennis (16+) *Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513*

Table Tennis (14yrs)
Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham College (14yrs+)
Thurs, 5.30-7pm, East Ham Leisure Centre
Email: sports@newham.ac.uk

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13.
Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16.
Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Basketball (14yrs+)
Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

Weds, 8 June, 4.30pm, *Corporate Parenting Board, Newham Dockside, 1000 Dockside Rd*

Mon, 13 June, 7pm, *Local Development Committee*

CONTACT THE MAYOR

Here to Help sessions
Please register for surgery in the 30 minutes before the surgery starts.

Thurs, 9 Jun, 11am, *Canning Town Library*

Telephone Surgery
Weds, 8 June. *Please call 020 8430 2000 between 10-11am.*

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe *1 Kingsford Wy, E6*
Canning Town *Barking Rd, E16*
Custom House *Prince Regent Ln, E16*
East Ham *328 Barking Rd, E6*
Green Street *337-341 Green St, E13*
The Gate *6-8 Woodgrange Rd, E7*
Manor Park *685-691 Romford Rd, E12*
North Woolwich *5 Pier Parade, E16*
Plaistow *North St, E13*
Stratford *3 The Grove, E15*
Archives and Local Studies *020 3373 6881*
Community Outreach *020 337 30813*
Church of God *37 Manor Park Road, E12, 020 8911 9494*
The International Quarter Marketing Suite *Celebration Avenue, E20 1DB*

LEISURE & SPORTS VENUES

Balaam Leisure Centre *14 Balaam St, E13*
East Ham Leisure Centre *324 Barking Rd, E6*
Newham Leisure Centre *281 Prince Regent Ln, E13*
NewVic *Prince Regent Ln, E13*
UEL SportsDock *Docklands Campus, University Wy, E16*
West Ham United Football Club *Boleyn Ground, E13 9AZ*

COMMUNITY CENTRES (C.C)

Beckton Community Centre *14 Manor Wy, E6, 020 7511 1214*
East Ham Market Hall *Myrtle Road, London E6 1HY, 01708 740 092*
Field Community Centre *147 Station Rd, E7 020 8536 2800*
Grassroots Centre *Memorial Park, Memorial Ave, E15, 020 3373 0650*
The Hub *123 Star Ln, E16 020 3373 0750*
Jack Cornwell Community Centre *Jack Cornwell St, E12 020 8553 3459*
Jeyes Community Centre *1 James Cl, E13, 020 3373 2205*
Katherine Rd Community Centre *254 Katherine Rd, E7, 020 8548 9825*
St Mark's Community Centre *218 Tollgate Rd, E6, 020 7474 1687*
Vicarage Ln Community Centre *Govier Cl, E15, 020 8519 0235*
Harold Road Centre *170 Harold Road, E13 0SE, 020 8472 2805*
Queens Market *Green Street,E13*
Rabbits Road Institute *835 Romford Rd, London E12 5JY*
Royal Docks Learning Activity Centre *Albert Road, North Woolwich, London E16 2JB*
St John's Green Community Garden *Albert Road, North Woolwich London E16 2JB*

All listings may be subject to change. Please contact individual events and activities before attending.

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Newham London

The MAYOR'S NEWHAM SHOW

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Saturday 9 & Sunday 10 July, 12noon-6pm, Central Park, East Ham E6

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APPEARING AT INTERVALS

9 JULY

CHASE AND MARSHALL FROM PAW PATROL

10 JULY

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Mayor of Newham